

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

PURSLANE

(*Portulaca oleracea*)

♥ Nutritious ♥ Versatile ♥ Resilient ♥

A humble "weed" with extraordinary benefits.

Good Food
Brighter Days
♥

Healthy Plants
Happier People
♥



Medicinal & Nutritional Benefits

- ♥ One of the richest plant sources of omega-3 fatty acids (ALA) – higher than many common vegetables (1, 2).
- ♥ High in antioxidants – Contains vitamins A, C, and E, plus glutathione, betamaxanthin, and other polyphenols that help protect cells from damage (3).
- ♥ Anti-inflammatory properties – May help reduce inflammation and oxidative stress (4).
- ♥ Supports heart health – Omega-3s, potassium, and antioxidants may help maintain healthy blood pressure and cholesterol levels (5).
- ♥ Supports digestive health – Mucilaginous texture may soothe the digestive tract and support gut health (6).
- ♥ May help regulate blood sugar – Some studies suggest purslane can improve insulin sensitivity (7).
- ♥ Skin health – Traditionally used to soothe skin irritation, insect bites, and minor wounds (8).

Often overlooked.
Always extraordinary. ♥

Plant Information

- ☀ **Type:** Annual succulent herb (often considered a weed)
- ↑↓ **Height:** 4 – 12 inches
- ↔ **Spread:** 6 – 24 inches (spreads quickly)
- 🌸 **Bloom Time:** Summer – fall (small yellow flowers)
- ☀ **Sunlight:** Full sun to partial shade
- 💧 **Soil:** Adaptable, well-draining (tolerates poor soil)
- 🌱 **Water:** Low (drought tolerant)
- ❄️ **Hardiness Zones:** 2 – 11

Tough. Adaptable.
Nutritious. Beautiful.
Purslane proves that even
the simplest plants have
big purpose. ♥

♥ How to Use Purslane ♥

Edible. Medicinal. Beautiful. So Many Possibilities. ♥

Leaves & Stems (most commonly used)



- ♥ Eat fresh in salads (mild, slightly lemony, and crisp)
- ♥ Add to sandwiches, wraps, and tacos
- ♥ Sauté, steam, or stir-fry
- ♥ Blend into smoothies or green juices
- ♥ Use in soups, stews, and omelets
- ♥ Pick young, tender stems for the best flavor

Crisp, refreshing, and
packed with nutrients. ♥

Flowers (less commonly used)



- ♥ Small, bright yellow flowers are edible
- ♥ Add a pop of color to salads and garnishes
- ♥ Attracts bees and other beneficial pollinators
- ♥ Often bloom from summer to fall

Tiny blooms.
Big benefits. ♥

Seeds (less commonly used)



- ♥ Tiny, black seeds
- ♥ Can be dried and used in baked goods or ground into flour (similar to chia, but smaller)
- ♥ High in nutrients
- ♥ Allow some plants to go to seed if you'd like to save them for next season

Small seeds.
Bright potential. ♥

Popular Ways to Enjoy Purslane



Fresh in Salads
(crisp & lemony)



In Smoothies
(nutrient boost)



Sautéed or Stir-Fried
(quick & delicious)



In Soups & Stews
(adds texture)



Purslane Pesto
(herby & unique)



In Eggs
(try it in omelets!)

From garden to table –
purslane makes healthy eating simple. ♥



A Few Things to Keep in Mind

- ♥ Generally safe for most people in normal culinary amounts.
- ♥ May interact with blood-thinning medications due to its high vitamin K content – consult a healthcare provider if you are on anticoagulants.
- ♥ High in oxalates – people with a history of kidney stones should enjoy in moderation.
- ♥ Always wash well to remove dirt, especially when foraging.
- ♥ Be sure you're harvesting purslane (*Portulaca oleracea*) – there are look-alike plants.



Fun Facts

- ♥ Purslane has been used for thousands of years in traditional medicine and cuisine around the world.
- ♥ It's considered a superfood and is now gaining popularity in modern wellness circles.
- ♥ Thrives in poor soil, heat, and drought – making it a great plant for sustainable gardens.
- ♥ Often grows in cracks, sidewalks, and garden beds – turning "weeds" into wellness!
- ♥ Loved by pollinators, including bees.

Resilient roots. Brighter tomorrows. ♥



Selected Studies & Sources

1. Simopoulos, A. P. (2004). Omega-3 fatty acids and health. *Exp. Biol. Med.*
2. Uddin, M. K. et al. (2014). Purslane: A review of its nutritional, pharmacological, and therapeutic properties. *J. Ethnopharmacol.*
3. Kim, Y. et al. (2009). Antioxidant activities of *Portulaca oleracea*. *Food Chem.*
4. Xu, X. et al. (2012). Anti-inflammatory effects of purslane extracts. *J. Med. Food.*
5. Yan, X. et al. (2017). Purslane and cardiovascular health. *Nutrients.*
6. Dkhil, M. A. (2011). Gastroprotective effects of *Portulaca oleracea*. *J. Med. Plants Res.*
7. Bahrami, A. et al. (2018). Effects of purslane on blood glucose and insulin resistance. *Phytother. Res.*
8. Ma, H. et al. (2015). Wound healing and skin protective effects. *J. Tradit. Complement. Med.*

(Full citations available upon request)

Good Plants
Good People
♥

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥